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COUNTY OF KAUAI

AGENCY ON ELDERLY AFFAIRS

News Release

For Immediate Release: May 14, 2013

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Better Choices, Better Health offers upcoming workshop

LĪHU'E – The Agency on Elderly Affairs invites seniors to an upcoming workshop as part of the Better Choices, Better Health workshop series.

Seniors (age 60 and older) and their caregivers are invited to attend the upcoming Chronic Disease Self-Management Workshop. It is a six-week series that meets every Thursday, starting on June 20, from 9 a.m. to 11:30 a.m. at the Līhu'e Civic Center, Piikoi Building.

The cost of the workshop is \$12 for seniors. If space allows, those under the age of 60 can also attend for a \$40 fee. Registration includes a book titled "Living a Healthy Life with Chronic Conditions" and a relaxation CD or cassette tape. Scholarships for seniors are also available upon request.

Pre-registration is required in order to participate in the workshop as space is limited to 16 participants. For more information on this or other Better Choices, Better Health workshops, contact the county's Agency of Elderly Affairs at 241-4470.

If you need an ASL Interpreter, materials in alternate format, or other auxiliary aid support, contact Charlyn at 241-4470 or via email at cnakamine@kauai.gov at least seven days before the event.

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